



*Experience the benefits of both*  
**MELT Method &**  
**MELT**  
**Performance**



# MELT Intro/Review Workshops

***MELT Mondays are now a blend of both techniques!***

*See handout for details, including new annual MELT Monday Package ...*

*Restore pain-free movement &  
your overall sense of well-being.*



*Reduce risk of injury &  
get more from your workouts!*

## MELT Method

***Rehydrate connective tissue to feel whole  
body benefits, even hands & feet!***

- Relieve achiness & chronic pain.
- Improve flexibility & balance.
- Calm stress & get better sleep.

## MELT Performance

***Repattern neuro-muscular stability of  
shoulders, pelvis & deep core.***

- Address compensatory patterns.
- Boost physical performance.
- Erase negative impacts of activity on joints.



## MELT Method®

MELT is a treatment you do on your own to relieve chronic pain, reduce stress, increase flexibility, and improve balance and sleep.



Learn to use a very soft MELT roller and balls to rehydrate connective tissue, reduce joint compression, and boost your body's natural ability to repair itself.

**Restore pain-free movement and your overall sense of well-being ...**

**MELT** reduces

- Back, neck & shoulder tightness and pain
- Stiffness and pain in hands & feet
- Joint compression and inflammation
- Risk of injury and post-workout recovery time
- Stress and tension



**MELT** improves

- Stretching and range of motion
- Posture and balance
- Ease of movement
- Energy, sleep and digestion
- Overall sense of well-being



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## MELT Performance

**Improve Neuro-muscular stability.**

**MELT Performance** is self-care that combines neurological re-patterning with connective tissue rehydration to address compensatory movements.

The result is improved joint stability and motor control of hips, shoulders and deep core.

**Get more from your workouts ...  
reduce your risk of injury!**

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1001 Broad Ripple Ave, 2nd Floor  
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1273 N Emerson Ave, Suite F  
Greenwood, IN 46143  
(317) 205-9502



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Explore the benefits of both

**MELT Method &  
MELT Performance**

\* Register in-advance!  
Please arrive early for  
paperwork.

Our MELT Mondays are now a blend of  
both MELT techniques!

Jan 8, Feb 5, Mar 5, Apr 2, May 7, June 4,  
July 9, Aug 27, Oct 1, Nov 5, Dec 3  
**Broad Ripple**, 10:45-12:15 pm, \$30  
**Greenwood**, 2:15-3:45 pm, \$30

\* Register online for annual MELT Monday Pkg, \$250

Also watch for

## MELT Performance Intro Workshops

2 hrs, \$45

## MELT Personal Training

Perfect for anyone

- ✓ wanting a personalized MELT program,
- ✓ not comfortable in a class setting, or
- ✓ suffering acute or chronic pain due to an underlying medical condition.

Private \$65/hr Duet \$45/hr Trio \$40/hr



Donna Van Klompenburg  
MELT® Instructor  
PMA® Certified Pilates Teacher  
[pilatesdonna@msn.com](mailto:pilatesdonna@msn.com)  
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